



# JANUARY 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Nutrition Program: 503-654-3030 Please call before 10 am for Meals on Wheels cancelations</i></p>		<p><b>2</b> Beef Stew Peas Cornbread Orange</p>	<p><b>3</b> Pork Tenderloin Quinoa Country Blend Veggies Roll Power Salad</p>	<p><b>4</b> Parmesan Cod Couscous Scandinavian Veggies Roll Corn Salad</p>
<p><b>7</b> Stuffed Chicken Polenta Capri Vegetables Roll Cookie</p>	<p><b>8</b> Chicken Caesar Salad Three Bean Salad Yogurt Pineapple</p>	<p><b>9</b> Stuffed Sole Rice Pilaf Brussels Sprouts Roll Carrot Slaw Peaches</p>	<p><b>10</b> Turkey &amp; Gravy Stuffing Sweet Potatoes Peas Gingerbread</p>	<p><b>11</b> Cabbage Roll Potatoes O'Brian Biscuit Applesauce</p>
<p><b>14</b> Cheese Blintz Berries Chicken Sausage Potato Rounds Apple</p>	<p><b>15</b> Meatballs w/Gravy Mashed Potatoes Peas and Carrots Roll Pudding</p>	<p><b>16</b> Chicken Stir Fry Yakisoba Noodles Spring Roll Power Veggies Orange Salad Fortune Cookie</p>	<p><b>17</b> Polish Sausage on a Bun Spinach and Tomatoes Roasted Potatoes Cottage Cheese Dried Prunes</p>	<p><b>18</b> Chili Broccoli Normandy Cornbread Green Salad Apricots</p>
	<p><b>22</b> Hawaiian Pizza Cauliflower Beets Banana</p>	<p><b>23</b> Hamburger on a Bun Baked Beans Sweet Potato Tots Lettuce &amp; Tomato Coleslaw</p>	<p><b>24</b> Tuna Noodle Casserole Corn Spiced Apples Green Salad</p>	<p><b>25</b> Gnocchi Potato Dumpling w/ Marinara Broccoli Carrots Fruit Cocktail</p>
<p><b>28</b> Spaghetti Green Beans Garlic Bread Jell-O Cup</p>	<p><b>29</b> Chicken Pot Pie w/ Biscuit Asparagus Spiced Quinoa and Sweet Potatoes Applesauce &amp; Berries</p>	<p><b>30</b> Egg Salad Sandwich Cottage Cheese Pineapple Crackers *Tanner Springs BD Cake at the Center</p>	<p><b>31</b> Sheppard's Pie Mixed Vegetables Roll Pears</p>	



Thank you to our sponsors.